

# Certificate Course In **Aromatherapy**

**“Providing psychological and  
physical well-being through Aroma”**

Aromatherapy is gaining momentum as a form of alternative medicine. Aromatherapy is a type of alternative medicine practice, which utilizes fragrant/aromatic essential oils derived from a wide variety of healing plants. These therapeutic grade essential oils are inhaled or applied to the skin to overcome various health problems, such as, sleep disorder, migraines, pain.

## Course Objective

**Discover Wellness Aromatherapy** course is an extensive hands-on training that helps students start their own practice or join spa industry. The course teaches you the nitty-gritties of different essential oils, their therapeutic significance and how to combine them with other oils to provide best solutions.

## Course Ideally Suited For

- Students/ Homemakers looking forward to start their own practice
- Individuals looking for full time/part time career at gyms, weight-loss centers, health centers, spas
- Professionals who require certification for future career growth

## Key Areas of The Course

- Master the art of Aromatherapy
- Learn about different types of oils, aromas and their effect on human mind and body
- Extensive hands-on training
- Develop scientific knowledge of Aromatherapy
- Efficiency to work with an interdisciplinary health care team

### Duration - 18 Hours

Swedish Massage	Basics of Swedish Massage, Pre-Massage and Post Massage Precautions, Strokes
Aromatherapy Massage	Introduction to Aromatherapy, Essential Oils and Carrier Oils, Blending, Clinical Aromatherapy, Plants for Aromatherapy, Toxic Effects of Aromatherapy Oils, Common Essential Oils
Massage Demonstration	Demo of Draping, Strokes, Use of Massage Mediums

## Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Offline learning through Interactive Training videos for hassle-free, self-paced learning



Excellent course content including course books, DVD



A life time support to students through email & off-line chats

**DISCOVER**  
Wellness Pvt. Ltd.

### Discover Wellness Pvt Ltd

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